The Anchor News

Find us on Facebook

St. Joseph-Lincoln

Senior Service Center

3271 Lincoln Avenue

St. Joseph, MI 49085

(269) 429-7768

DIRECTOR@SJLSC.ORG

WWW.SJLSC.ORG

HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM

ANNUAL SJLSC PICNIC - "A DAY AT THE FAIR"

~ Friday, August 26th
~ Doors open at 10:00 am
~ Enjoy games until 11:30 am
~ Lunch will be served at noon
~ $10.00 per person, no refunds
~ Meal selection required at time of sign up

Come and enjoy some fair food and games and catch up with some friends you haven't seen in awhile. Entertainment will follow lunch. Our Center will be closed the day of the picnic and the only transportation will be to the picnic.

ELECTION FOR BOARD OF DIRECTORS

It is once again time to begin the process of electing new board members for a 3-year term. Consider submitting your application if you have a passion for the Center and can volunteer your time for meetings and projects. Please see below for the dates for the nominating/election process:

Aug. 12th	Applications at front desk
Aug. 18th	Applications due by 4 pm
Sep. 15th	Presentation of nominees to Board
Sep. 26th	Candidate interviews
Sep. 29th	Candidate Meet & Greet at lunch
Oct. 7th, 10th, & 11th	Absentee Voting 8 am-4 pm
Oct. 13th	Board Election 9 am-3 pm
Oct. 20th	Board meeting with Election of Officers 10 am
Oct. 21st	Annual Breakfast 9 am
	Must sign up by October 14th

MATCHING DONATION CHALLENGE FOR WOOD SHOP

Thank you to everyone who has donated to our Challenge! We still have a little ways to go to obtain our goal of $5,000 and we hope you can assist us in getting there. The development of the Wood Shop is near completion and we anticipate training our volunteers this month. Please consider making a donation to the Wood Shop by mailing in a check or stopping at the front desk. Remember to designate your donation to the Wood Shop. We thank you in advance for helping this dream come true!

August 26th our Center is closed to
host our Annual Picnic.
No other activities will be taking place on this day.

PAULINE'S POST

Summer seems to be quickly elapsing. Just like the passing of seasons, changes are happening here at the Center. I have been attending regularly scheduled classes and reported my experiences last month and will continue until the list is completed. This month, I planned to include the Circuit Training Room (CTR). Due to the recent passing of the CTR Coordinator, Len Casario, it is necessary to express his important contributions to our Center.

Not long after Len joined the Center, he began his journey as a volunteer. I believe his greatest accomplishment was his assistance in creating the Circuit Training Room. He believed that "if we build it, they will come." The CTR opened in May 2017 and has continued to grow in space and equipment. Len became the Coordinator and recruited others to become monitors to assist the members. He often could be seen talking and laughing with members which made their workouts more enjoyable.

Len's other volunteer work at the Center: helping with the raised beds, developing a plan for the Walking Trail and numerous maintenance work (especially while the Center was closed due to COVID). The existing Garden Nook was also Len's idea. Len joined the Board in 2020 and served on several committees.

Len was on the Leadership Committee for the upcoming Wood Shop. A brick commemorating his military service is in the flag pole path. Len will be greatly missed here at the Center. He was known for his quick wit, laughter and smiles. He had the gift of gab and could carry on a conversation with anyone. He didn't just have a sweet tooth but a whole set of "sweet teeth!" Several people knew where his candy stash was located. Many will mourn his passing, but he left us with great memories!

Circuit Training Room-Mon.-Fri. 9am-3 pm
The CTR provides both aerobic and strength training machines while listening to peppy music. There is always a volunteer Monitor in the room to instruct new participants and give assistance. I have been a Monitor since the room opened and also use the facility on a weekly basis. I have two work out buddies that help me keep to my weekly routines.

Jokers & Marbles-Mondays at 10:30 am
This is a relatively new game at the Center. It is a cross between Aggravation and Sorry but played with cards instead of dice. When I went to "observe" there were three participants. I was convinced to join them for one game. I enjoyed it so much that I purchased a board and have introduced it to my friends and family!

Trips-The Center offers several trips during the year including day trips and trips that last several days. I recently returned from the Mount Rushmore 6 day trip. I had never visited that part of our country. Besides Mount Rushmore, we saw part of the Bad Lands, a gold mine, Custer National Park and Crazy Horse Memorial. Jennifer Malone is our trip coordinator and is looking for suggestions for proposed trips in 2023.

Next month, I will write about other classes that I have attended and you may see me in one that you attend.

Pauline Fox
SJLSC Board of Directors
President

CONSISTENT MONTHLY PROGRAMS

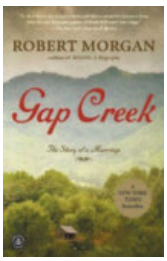
FOOT CLINICS

By Appointment Only
Friday, August 12th
Friday, August 19th

A signed permission form by your doctor is required to receive this service. Permission forms are available at the Center or can be emailed to you. Once you have this form from your doctor, please call the Center and we will make you an appointment. Your first visit is $30, which includes a reusable foot care kit. Follow up visits are $25

BOOK CLUB

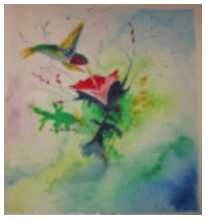
Wednesday, August 10th, 10:00 am



The book to be read for the month of August is Gap Creek by author Robert Morgan. Leading the discussion for this month will be Shirley Miller. If you have a passion for reading, then please join us the 2nd Wednesday of the month.

COOKIES & CANVAS

Friday, August 19th, 12:00 pm-3:00 pm
$15 per person, payable at sign up
Make checks payable to Roy Hruska



The painting for the month of August is the Hummingbird. This painting is on a 9" X 12" canvas and all materials needed for this class are provided. Remember to sign up soon.

"The world is hugged by the faithful arms of volunteers." ~ Terri Guilleets
THANK YOU VOLUNTEERS!

ROBO CALLS

We send robo calls for a variety of reasons; a program you have signed up for is cancelled, an exercise class is cancelled, or important messages about our Center. If your land line (home phone) doesn't accept robo calls, you might be missing an important message from us. If you have a cell phone and put our Senior Center in your contact list, you will receive our robo phone calls. The best way to eliminate this problem is for you to call us and we will change the information in our database. Please contact us with any questions.

HELP!!

The Center is looking to borrow games that you would play at a fair/circus. If you have anything like this, we would be so very grateful to you if you would allow us to borrow them for a short period of time. We thank you in advance!

MOVIES AT THE CENTER!

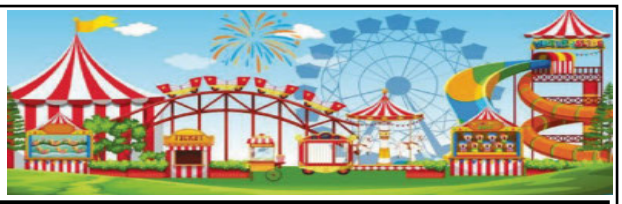
Monday, August 15th, 1:00 pm

We have a Public Performance License which doesn't allow us to name the movie title to the general public, so therefore you won't find the title of the monthly movie here or on our website. However, we do advertise the name of the movie to be shown within the Center, so look for flyers throughout the building or call to see what the movie is. Please remember to sign up to attend.

EXPLORING ART

There will be no Exploring Art Class for the month of August, but will resume once again in September. In the meantime, keep creating, and we'll see you soon!

TRIPS



GILMORE CAR MUSEUM

Tuesday, September 13th
$66 per person
Payable in full at sign up

This trip includes round trip motorcoach transportation, museum admission, step on tour guide, and lunch. This is North America's Largest Car Museum in Hickory Corners Michigan. Start the day with the museum's step on tour guide who will join the bus as they take us through the museum grounds. Following this you will have lunch at their authentic 1941 Blue Moon Diner. The day will end with a self-guided tour of the expansive exhibits, theatre, library, museum store, and more. Only a few spots left, so sign up soon!

MODERATE ACTIVITY

TRIPS IN 2023

This is your last chance to get your trip ideas to us. Please stop at the front desk and let us know where you would like to go and what you would like to do. From your input we will put together a list and have everyone express their opinions and then we will start booking our adventures for next year.

**** *WAIT LIST* ****

SAUDER VILLAGE - AUGUST 11TH

COME FROM AWAY - NOVEMBER 12TH

NASHVILLE SHOW TRIP - NOVEMBER 28TH- DECEMBER 2ND

CALL FOR MORE DETAILS ON THESE TRIPS

TRIP REMINDERS

All Center trips are for seniors 60+ and their spouses, unless otherwise noted. We only accept cash or checks. Most trips fill quickly, but waiting lists are taken. In cases of cancellations, refunds, less a $5.00 administrative fee, are given if a replacement can be found. All of our trips depart from Roger's Foodland, 4039 Hollywood Road, St. Joseph.

UNITED WAY'S RAKE A DIFFERENCE

Seniors age 60 or older, who are physically unable to perform yard work **and** can't afford to pay for services are eligible to sign up to have a team of volunteers come on Thursday, November 10, 2022. Volunteers will rake yards and/or clean gutters for eligible seniors. Seniors are helped on a first-come, first-serve basis and it is dependent on the number of volunteers recruited.

~ Event Date - Thursday, November 10th
~ Registration date - September 1st-September 30th
~ Number to call is 269-932-3554

PLEASE NOTE: THIS PHONE WILL NOT BE ANSWERED UNTIL SEPTEMBER 1ST.

PIKE FUNERAL & CREMATION SERVICES
THE BOYD CHAPEL

LOVE IN GOOD TIMES AND BAD

A family's love is a very special thing.

The love of a family is there to get you through the good times and the bad. They say that "Into each life some rain must fall." Well, sometimes it just pours. In those times you really begin to appreciate your friends and your family.

9191 Red Arrow Hwy - Bridgman, MI (269) 465-3239 www.PikeFH.com

"We Have the Home Storage Solution for You"

SUNRISE STRUCTURES DISTRIBUTOR

VALUE SHEDS

Bill Rohm
(269) 921-0929

True Mennoite & Amish Craftmanship

4032 M-139 *(next to True Value)*
St. Joseph, MI 49085 *(I-94 Exit 28, turn South)*

www.sunrise-structures.com

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.477.4574

Starks

Family Funeral Homes & Cremation Services

St. Joseph Dowagiac
Berrien Springs South Haven

www.starksfamilyfh.com 269-556-9450

IMS
INSURANCE MANAGEMENT SERVICE

Auto-Owners INSURANCE
LIFE · HOME · CAR · BUSINESS

501 Main Street St. Joseph, MI
269-983-7101

214 N. 4th Street Niles, MI
269-683-4900

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO

lpicommunities.com/adcreator

CALL THE MEDICARE COVERAGE HELPLINE

Get the Benefits You Deserve
Your local agent
Tom Rivette
269-208-1940

Anne Seymour Odden
ASSOCIATE BROKER®, ABR, GRI

pier realty
1100 Main Street, St. Joseph

Cell 269.930.0257

Email OddenA@mac.com

Enjoys Tai Chi & Pickle Ball

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.477.4574
or visit www.lpicommunities.com/advertising

DONATION OPPORTUNITIES

Contributions to our non-profit 501(c)3 corporation are tax deductible. There are many ways to donate and assist us in continuing to provide many services to our members.

BERRIEN COMMUNITY FOUNDATION ENDOWMENT FUND - Made to ensure long term sustainability of our organization.

BUILDING FUND DONATIONS - Made to contribute to our direct building expense.

FORGET-ME-NOT SOCIETY - Honoring those who choose to make a legacy gift to the SJLSC Endowment Fund, which is administered by the Berrien Community Foundation. This endowment will provide essential stability for our Center.

HONORARY DONATIONS - Made in honor of someone who has enriched your life.

MEMORIAL DONATIONS - Made in memory of a friend or loved one who has passed away.

PROGRAM DONATIONS - Designate a donation for a particular program we offer at the Senior Center, exercise classes, Circuit Training Room or to one of our outside areas; the Walking Trail or Friendship Garden.

NEED FOR TAX AIDE VOLUNTEERS

The AARP Tax Aide program helps seniors each year by preparing federal/state tax returns free of charge. Last tax year, we were unable to offer the program due to a lack of volunteers who wanted to become tax preparers. Volunteers must know their way around a computer, take a tax law training in December, pass a test to be certified by the IRS and be willing to work from February 1-April 15, 2023. If interested, please contact St. Joe local Coordinator, Bob Rechner, at rrechner@yahoo.com or at (217) 741-3478.

If you would like an email reminder when the newsletter is online, please email us at assistant@sjlsc.org

CURRENT FUNDRAISERS

BRICK SALE - This is an opportunity for you to celebrate the life of someone by purchasing a brick to be placed on the walk around the flag poles. Remember a loved one who brought light to your life, a friend or your grandchildren. The purchase of a brick will forever honor or memorialize our loved ones. The profits from this project will assist in maintaining the Priscilla Upton Byrns Walking Trail and Gardens. Order forms can be emailed, mailed, or picked up at the front desk.

HANDMADE METAL BIRDS - We have handmade free standing metal birds that are double-sided and painted for sale. The proceeds of the sale of these birds will come back to the Center. If you'd like to place an order, please pick up an order form at the front desk.

QUILT RAFFLE - This is a beautiful quilt made by our Quilting Group. The quilt will be raffled off at the Annual Senior Center Picnic on August 26th, with all proceeds going to the Center. Tickets are $1 per ticket or 6 tickets for $5.

SUPER BOOKS - At this time we are still taking names for a list of those who would like to purchase a Super Book when they arrive at the Center. This is a great way of assisting our local merchants, as well as the Senior Center, as we profit $8 for every Super Book sold. Thank you so much!

WOOD SHOP - We have a very generous donor who has agreed to donate $5,000 to the Wood Shop if we can match it! You can make a donation by stopping at the front desk or mailing in a check. Remember to designate your donation to the Wood Shop. We thank you in advance!

NOTE: "All advertising content is not endorsed by the Saint Joseph-Lincoln Senior Service Center, but is the view of the presenting organization."

RECURRING SCHEDULE

MONDAYS

9:00 am - Resistive Exercise
9:30 am - Quilting Group
10:00 am - Calisthenics
10:30 am - Jokers and Marbles
10:30 am - Alzheimer's Support Group **2nd week**
11:00 am - Balance Class
12:00 pm - Tai Chi
1:15 pm - Hand & Foot Cards
1:15 pm - Beginning Line Dancing
1:30 pm - Exploring Art **AUGUST - NO CLASS**
1:45 pm - Intermediate Line Dancing

TUESDAYS

9:00 am - Resistive Exercise
10:00 am - Range of Motion
10:00 am - Pinochle
11:00 am - Chair Drumming
12:30 pm - Pickleball
12:30 pm - Bridge
1:00 pm - Euchre
1:00 pm - Boxing - Spirit Fitness

WEDNESDAYS

9:00 am - Resistive Exercise
9:00 am - Computer Lab
9:00 am - Greeting Card Making
10:00 am - Calisthenics
11:00 am - Balance Class
11:45 am - Cardio Drumming
12:00 pm - Parkinson's Exercise
REGISTRATION REQUIRED

1:00 pm - Mah Jong
1:00 pm - Pickleball
1:00 pm - Stitch & Chat
1:00 pm - Scrabble
1:15 pm - Dominoes

THURSDAYS

9:00 am - Resistive Exercise
10:00 am - Range of Motion
11:00 am - Tai Chi
12:30 pm - Beginner Pickleball **1st & 3rd week**
1:00 pm - BINGO **2nd week only in August**
1:15 pm - Hand & Foot Cards

FRIDAYS

9:00 am - Chair Yoga
10:30 am - Beginner Pickleball
12:00 pm - Parkinson's Exercise
REGISTRATION REQUIRED
1:00 pm - Euchre
1:00 pm - Sit & Share-Parkinson's Support Group
LAST FRIDAY OF THE MONTH

WHAT WE HAVE TO OFFER

- Alzheimer's Support Group
- Arts/Crafts
- Betty Kohn Outdoor Fitness Zone
- Cards/Games
- Circuit Training Room
- Commodity Distribution
- Computer Lab/Computer Classes
- Educational Programs
- Fitness Classes
- Foot Clinic
- Friendship Garden (Seasonal)
- Garden Nook
- Lending Library
- Loan Closet
- Lunch
- Monthly Movies
- Parkinson's Support Group (Sit & Share)
- Pickleball
- Priscilla Upton Byrns Walking Trail & Gardens
- Puzzles (to take home)
- Softball (Seasonal)
- Transportation In Our Service Area
- Trips
- Video of Circuit Training Room equipment
- Videos Of Exercise Classes On Our Website
- Videos Of How To Properly Use Our Outdoor Equipment On Our Website
- Volunteer Opportunities
- Website & Facebook

VOLUNTEERS NEEDED

If you are looking for ways to give back to the community or if you have extra time in your schedule, we need you! We are in need of volunteers in the following areas:

⇒ Art/Craft Classes
⇒ Commodities Distribution
⇒ Decorating
⇒ Foot Clinic Volunteers
⇒ Front Door Greeters
⇒ Fundraising- 50/50, Quilt Raffle, Super Books
⇒ Handymen or Handywomen
⇒ Newsletter Mailing
⇒ Transportation Drivers
⇒ Wood Shop Hosts

If you are interested, please call the Center and speak to our Volunteer Coordinator, Sharyl.

TRANSPORTATION DRIVERS NEEDED

We need you! At times we are short on transportation drivers. We would only need you to drive 1-2 times a month. You do not need a chauffeur's license but all drivers will be subject to a background check. If this is something you think you'd be interested in doing, please call and ask for Jennifer.

BOCCE BALL

Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world. It is one of the oldest lawn or yard games. The game is played with eight bocce (larger balls) and one pallino (smaller target ball). The object is simple: toss the balls closest to the pallino. Teams can consist of 1 player (4 balls each), 2 players (2 balls each) or 4 players (1 ball each). If this is a game you'd be interested in playing at the Center, please stop at the front desk so we can add your name to the interest list!

USED COMPUTERS

Now that we have updated our Computer Lab with new computers, we have some older computers that might be just what you are looking for. Since they are not the latest and greatest models, they don't have the expensive price tag, but are still very usable for many people. The computers are Dell Inspiron 3847, along with Dell monitors and keyboards. Please see Cindi if you would like more information.

BINGO $1
Thursday, August 11th, 1:00 pm

PLEASE DO NOT ENTER THE GYM UNTIL ROOM IS SET UP

QUILT RAFFLE

Our quilt this year is called "Maverick" and it will soon find its forever home. The winner will be drawn at our annual picnic on August 26th. So, if you have not yet purchased tickets, you will want to ASAP. Those of you who have already purchased tickets, keep buying those tickets to increase your chance of winning this piece of artwork! Tickets are $1 each or 6 for $5, and a weekly winner will be drawn to receive 5 free tickets.

GREETING CARDS

Did you know that the Senior Center has our own greeting cards on display and that you can buy them here? Jo Ann Scates is in charge of this activity and she always has a beautiful display that is located outside of the Gym. You can find a variety of cards including, Thank You, Thinking of You, Birthday, Sympathy, blank cards, and we have seasonal cards as well, just to name a few. Our most expensive card is 50 cents! Many of our cards are original and you won't find any like them anywhere else. So not only can you come to the Center to exercise, but you can also pick up that card for that special someone as well!

SJLSC FRIENDSHIP GARDEN

As most of you are aware, we have a wonderful Friendship Garden from which our volunteers harvest many vegetables, such as carrots, beans, tomatoes, red and green peppers, cucumbers, and Swiss chard. And, did you know we also grow herbs, including basil, sage, oregano, parsley, and lavender? We owe many thanks to Art Wagner, Scott Vince, and Onalee Hartman for taking such good care of this beautiful garden and sharing the fruits of their labor with those who come to the Center.

FUTURE CONSTRUCTION

"For All Your Future Construction Needs"

Roofing • Siding

Decks • Additions • Gutters

269-983-1500 269-463-ROOF 269-468-3804

Senior discounts Serving all SW MI

Family owned and operated for over 60yrs!

Licensed-Insured-Bonded

Berrien County Veterans Services

701 Main Street, St. Joseph, MI 49085

(269) 983-7111 Ext. 8224

www.berriencounty.org/veterans

veterans@berriencounty.org

When it comes to Veterans Benefits, many veterans and dependents don't know what they don't know. Nationwide, less than 10% of those eligible apply. Let us help to educate and navigate you thru the maze of what is available from discharge to death. Here are some of the many benefits:

★Disability Compensation benefits for prior conditions, diseases or injuries that occurred in service or many years later as a result of service (e.g. Agent Orange Exposure, Camp Lejeune Contaminated Water, Post Traumatic Stress Disorder – combat or personal trauma) to name a few.

★PTSD Counselors from the South Bend Vet Center who come to Berrien County twice a week.

★Non-Service Connected Veterans Pension and Survivors Pension benefits (House Bound as well as Aid and Attendance) for low income veterans over age 65 or prior to age 65 that are disabled and have at least one day of wartime service (additional means tested restrictions apply).

★Free transportation at designated stops for veterans enrolled in the VA Health Benefits Program to the VA Medical Center in Battle Creek and the VA Health Care Center in Mishawaka.

★Financial assistance thru the Michigan Veterans Trust Fund for wartime veterans or peacetime veterans who earned an expeditionary medal (additional means tested restrictions apply).

★Free financial coaching from an Accredited Financial Counselor and Financial Fitness Coach Counselor as well as ongoing Dave Ramsey's Financial Peace University Military Edition classes.

Paid for by the Michigan Veterans Affairs Agency

Beaudoin Electrical Construction Incorporated

Maintaining Today's Equipment Installing Tomorrow's Technology

INDUSTRIAL • COMMERCIAL

"Service with Excellence 24 Hours A Day"

Electrical Construction • Design/Engineering • Substation Maintenance

Custom Controls & Factory Automation • Tele-Data Network • Lighting

(269) 925-4815

Fax (269) 925-6849

http://www.BeaudoinElectric.com

3042 Pipestone Rd.

Sodus, MI 49126-9793

Connecting You to Services You Need, to Live the Life You Want

Call us to learn more about:

- MI Choice Waiver Program
- Nursing Facility Transition Program
- In-Home & Community Based Services and Support
- Custom Care
- Care Management

(800) 654-2810

AreaAgencyonAging.org

Serving Berrien, Cass & Van Buren Counties

REGION IV Area Agency On Aging

Offering Choices for Independent Lives

All inclusive loving care, You will be treated like family

House of Helping Hands

ADULT FOSTER CARE

Please call to schedule a visit

269-674-3003

57501 County Rd, 365 N, Lawrence, MI 49064

houseofhelpinghandsafc.com

Having difficulty hearing?

We can help improve your quality of life!

Contact us TODAY!

(269) 982-3444 infodesk@prohear.net

www.prohear.net

Dr. Kasewurm's Professional Hearing Services

ARE YOU TURNING 65 OR NEW TO MEDICARE?

Medicare Advantage plans from Humana cover more than Original Medicare

Humana. Humana.

Y0040_GHHJJ7NEN_20_C

Call a licensed sales agent

MICHAEL ASHBROOK

269-468-4894 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.

¿En español? Llame al 000-000-0000 (TTY: 711)

SPIRIT CLUB - FITNESS FOR ALL

Tuesdays, 1:00 pm

We will be partnering with Disability Network and hosting a new exercise class for the next three months. The class will be taught by Lisa Brink, Program Coordinator, and Long-Term Community Support from Disability Network Southwest Michigan. **This class in August will be boxing, which will last 45 minutes.** No equipment or sign up is needed. To watch a demonstration of this class, go to Spirit-Club.com.

GOLF, ANYONE?

Last month we had our 1st Annual Golf Outing and a great time was had by all. We would like to hear from you if you are interested in playing in a mixed doubles league in 2023. We will take a few months to gather names and then have a meeting in the fall to discuss the details and plan the league on a day that is convenient for the majority of those interested.

ELIMINATE YOUR JUNK MAIL

Tired of all that junk mail? Bring your junk mail into the Center to put an end to it! If you are tired of receiving certain mailings, remember that you can bring them here and Ken Schneider will contact the organization that is sending you these publications. If you would like to take care of this yourself, we have information here at the Center on how to do it. Please remember that it can take several months before you may see a reduction in your junk mail. Please deposit your mail in the box in the front entrance if you want to start this process.

We will be having an In Service Day on Friday, September 9th and the Center will be closed. We will have no transportation or activities on this day. We thank you in advance for your understanding.

IMPORTANT REMINDERS

⇒**Remember to sign in when entering the building.** You need to go through the screens until you find the activity you are here to attend and remember to hit **FINISH** when done so it will log your day's activities.

⇒Please remember to arrive at least **10 minutes** before a program is due to begin so you are not interrupting a program by arriving late.

⇒The library does not accept VCR tapes, and at this time we are not accepting DVDs or books. We cannot accept magazines older than 2 months.

⇒At this time we are accepting all cards, except Christmas cards.

⇒Please call ahead if you need loan equipment.

⇒Class descriptions are available at the front desk, on our website and on the bulletin board by the gym entrance.

⇒Please remember to call and cancel if you've signed up for a program and cannot attend.

⇒Please remember if you have robocall blocker, you will not receive our calls.

OUTDOOR FITNESS ZONE/WALKING TRAIL

Do you use our Outdoor Fitness Zone and/or our Walking Trail? If so, please remember to come into the building and check in on the computer for this. We would like to better track the usage of this area and need everyone to use the touchscreen monitor to indicate this. Even if you use the Outdoor Fitness Zone/ Walking Trail on the weekend, or a day that you aren't physically coming into the Center for an activity, please take the time to come into the building and check in that you've used the outdoor area. Thank you in advance!

HOUSE OF DAVID

Tuesday, August 2nd, 10:00 am-1:00 pm

Brian Carroll, PhD., Historian & Archivist for Israelite House of David, will be here to interview our seniors about their memories and personal stories about the House of David. If you'd like to share your personal stories, pictures, or home movies, call the Center to sign up and receive a time slot to meet with Brian.

POLY BURLAP FLOWER WREATH

Friday, August 5th, 9:00 am-12:00 pm
$40 per person, payable at sign up
Make checks payable to Cathy Eppard

Cathy Eppard will be here to teach those interested on how to make a poly burlap flower wreath. The color of the wreath you will be making is teal as you see in the picture. Please bring floral wire cutters. All other items needed for this class will be supplied. The wreath is hanging in the front entrance area so you are welcome to come by and see it for yourself. Please remember you will need to sign up soon, class size is limited.

FULLY ALIVE CHIROPRACTIC

Tuesday, August 9th, 10:00 am

Dr. Tara Scharich, from Fully Alive Chiropractic, will be here to offer practical ways to improve strength, avoid and eliminate obstacles that could cause falls, and other exercises that will help with balance. Remember to sign up to attend.

OUTSIDE CONCERT

Wednesday, August 10th, 1:00 pm-3:00 pm

Please join us a outdoor concert in our Priscilla Upton Byrns Walking Trail and Gardens. Mike Struwin will be incorporating a number of genres, including Americana/Blues & Bluegrass/Roots/Folk/Soul and even Reggae. Bring your own lawn chair and join us. Food options and drinks will be available for purchase.

HARBOR HOUSE

Monday, August 22nd, 10:00 am

Kelsey Kline, Director of Adult Services with The Avenue Family Network, Inc., will be here to give a presentation on Harbor House and what they have to offer. Their Adult Day Programs provide a safe and inviting daytime environment where adults with memory loss and other special needs can participate in meaningful and therapeutic activities. For more information, please sign up.

DIABETES PREVENTION GROUP: OVERVIEW OF YEARLONG PREVENTION PROGRAM

Wednesday, August 24th, 10:00 am

Diabetes Prevention Program is a lifestyle change program designed for people with prediabetes as well as for people who are high risk for type 2 diabetes and want to lower their risk. This support group will meet at the Center for Outpatient Services located at 3900 Hollywood Rd. in St. Joe. You can choose from the group that will meet every Wednesday from 9 am-10 am beginning on September 7th, or the group that will meet every Thursday from 2 pm-3 pm beginning on September 8th. This is a one year commitment and you will meet once a week for four months, every other week for two months and once a month for six months. To sign up, please contact Traci Kuhn at 269-556-7171, or tracikuhn@spectrumhealth.org with questions and to register. Remember to please sign up to attend this program at the Center.

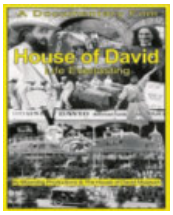
BRACELET MAKING

Monday, August 29th, 1:00 pm-3:30 pm
$10 per person, payable at sign up
Make checks payable to Kay Cashner

If you'd like to make this beautiful bracelet, please join us! Kay Cashner will be here to show you how it's done. All materials are supplied. Please sign up soon as class size is limited to 12 people.

"HOUSE OF DAVID, LIFE EVERLASTING"

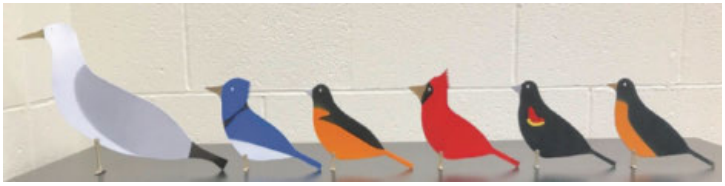
Thursday, September 1st, 10:00 am



Chris Siriano, Founder/Director of House of David Baseball Museum, and Author, returns with a presentation on an exciting new documentary film that has just been released titled "House of David, Life Everlasting." This was completed after many years of research, interviews, and intense work scouring the globe for answers to so many untold questions regarding House of David's Michigan based story. The new film includes rare film footage dating back to the 1920s and 1930s of the famous early baseball teams playing and much more! You won't want to miss this so remember to sign up to attend!

WELCOME NEW BOARD MEMBER

Our Board of Directors approved Jean Oatman at the June meeting to fulfill the remainder of her husband's term, which will expire in 2023. Tom Oatman has been a very valuable Board member since 2014 and assisted our Center in many ways. Tom will continue to volunteer but would like a little more free time to enjoy life. We will miss you Tom and thank you so much for serving on our Board, it has been a true pleasure to work with you! Jean comes to our Board with a wealth of knowledge about how our Center operates since she has been attending Board Meetings for several years and has past work experience, which will prove essential to our well-rounded Board. Jean has volunteered at our Center in several areas for years and currently works as a Monitor in the Circuit Training Room. Welcome aboard Jean!



HANDMADE METAL BIRDS

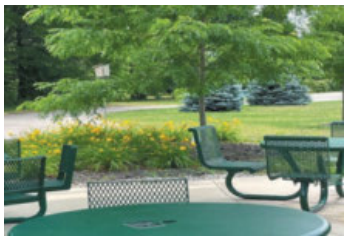
James Kimmerly has handmade metal birds that are double-sided and painted that he would like us to sell, with all the proceeds of this sale coming back to the Center. The price for a seagull is $20.00 and smaller birds are $15.00. You can choose from a variety of birds; Seagull, Blue Jay, Oriole, Cardinal, Red-Winged Blackbird, and a Robin. They are freestanding and would look great displayed on a windowsill or in a raised flower bed. If you would like to see them before placing an order, you can find them on display in Sharyl's office window (back entrance of building). We thank you in advance!

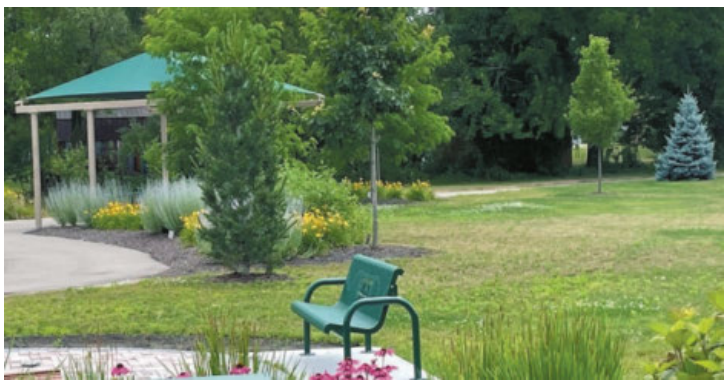
NEWSLETTER MAILING VOLUNTEERS

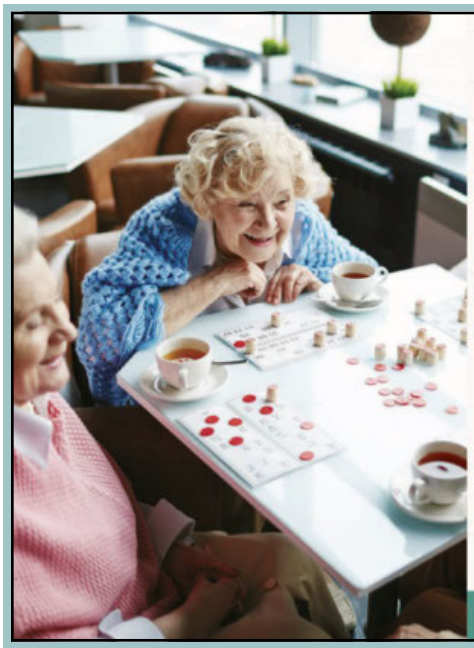
This month's mailing is Wednesday, August 31st, at 9:00 am

PRISCILLA UPTON-BYRNS WALKING TRAIL & GARDENS

It's hard to believe that this walking trail and gardens could get any more beautiful, but they do! We are so very fortunate to have a hardworking group of volunteers that give so freely of their time to make sure these gardens are in the best shape that they can be. If you've not taken the time to take a walk and admire the trees, bushes, or flowers, please do. There are many benches where you can sit and admire the surroundings or you can have a picnic in the covered picnic area. You'll be happy you did!







Caretel Inns
ST. JOSEPH

You'll want to live here!

Caretel Inns St. Joseph offers exquisite senior living and licensed assisted living accommodations through an all-inclusive, worry-free service. Our professional and friendly care team will take out the trash, do laundry, make beds, and more, so our guests can focus on living life to the fullest.

In addition to our luxurious amenities, including a restaurant, pub, movie theater, and spa, guests can also enjoy a large life-enrichment calendar that features local outings.

269.428.1111 | caretelstjoseph.com

TRI CITY VILLAGE APARTMENTS

541 N Main
Watervliet, MI 49098

62 & Over
or Mobility Impaired.
Low income based community.

We are now accepting applications for our waiting list.

Office hours: Mon., Wed., and Fri.
9:00 AM to 4:00 PM

Call for an appointment today.

269-463-4543

EQUAL HOUSING OPPORTUNITY

Royalton Manor

A Rehabilitation and Extended Care Community

Our Goal Is To Get You Back To Living Your Life!

Our Return to Home Rehabilitation Unit promotes quick recovery

We accept medicare, most private insurance and medicaid.

Call for more information or stop in for a tour

288 Peace Blvd., St. Joseph, MI 49085 • 269-556-9050

The Avenue
FAMILY NETWORK, INC.

Helping seniors in Berrien, Cass, and Van Buren Counties through homecare, adult day programs, and guardianship services.

(269) 934-7595

WHITCOMB

Live
WITHOUT LIMITS

269-983-2513
509 Ship Street • Downtown St. Joseph
www.whitcombretirement.com

GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

Contact Terry Sweeney
to place an ad today!
tsweeney@lpicommunities.com
or (800) 477-4574 x6407

RSS
ROCK SOLID SERVICES

GET FIT DON'T SIT

ROCK SOLID STRIDES

Fall Reduction Class

- Walking Stability
- Reduce Fall Risk
- Improve Balance
- Original Assessment
- Gait Analysis
- Tailored Exercise Program

$350.00
For 5 Weeks
2 times a week.
Not Covered
By Insurance

Additional Services

- Personal Training
- Senior Fitness
- Aging In Place Assistance

Rocco Pavese
Senior Fitness Specialist
269.876.7421
roccopavese@aol.com

HEATING AND COOLING REPAIR SINCE 1963!

BoelckeHeating.com

Call us for all your HVAC & Plumbing Needs!

269-429-9261

BOELCKE

HARTMAN CHIROPRACTIC

Dr. Brian Hartman, D.C.

(269) 235-4024

712 Comings Ave.
St. Joseph, MI

MEALS on WHEELS
— OF SOUTHWEST MICHIGAN —

Menu Is Subject To Change Without Notice

Lunch is served at 11:45 a.m.
Arrive 10 minutes early

AUGUST 2022

CALL 269-921-0136 TO SIGN UP

2 DAYS IN ADVANCE TO MAKE OR CHANGE LUNCH RESERVATIONS

Meals are Funded in part by

Area Agency on Aging, Inc.
SPECIALISTS IN AGING

Served in partnership with the Senior Center and Senior Nutrition Services, DBA Meals on Wheels of SW Michigan.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Country chicken Mac & cheese Mixed vegetables Cornbread Pineapple	2 Beef taco salad Black bean/salsa Diced tomato Tortilla chips Grapes	3 Chef's salad w/turkey Potato salad Wheat crackers Fruit yogurt	4 Lemon tilapia Rice Creamed peas Stewed tomatoes WW bread Mixed fruit	5 Hamburger steak Onion gravy Mashed potatoes Carrots Cherry crumble WW roll
8 King Ranch casserole Carrots Summer corn sald Red peppers Fruited jello Rye bread	9 Chicken salad Marinated vegetables Crackers Cheesecake	10 Pepper steak Rice Steamed broccoli Oriental vegetables Melon	11 Roasted chicken Mashed potatoes Gravy Summer salad Roll Mixed fresh berries	12 Beef sandwich Steamed zucchini Broccoli salad Steak bun Apple slices
15 Sloppy joes Potato wedges Peas and carrots WW bun Mandarin oranges	16 Turkey a la king Biscuit Spinach salad Green beans Fruit yogurt	17 French toast Sausage links Breakfast potatoes Onions and peppers Berries	18 Stuffed green peppers Potatoes O'Brien Beet & onion salad Rye bread Mandarin oranges	19 Salmon patty Confetti rice Sautéed carrots Roll Peaches
22 Walnut chicken Rice Chinese salad Steamed broccoli Apricots	23 Polish sausage Onions and peppers German potato salad Snap peas Bun Melon	24 Cheeseburger Potato wedges Coleslaw Lettuce, tomato, pickle WW bun Banana pudding	25 Chicken salad wrap Cheese Antipasto pasta salad Tortilla wrap Pears	26 NO SENIOR NUTRITION SJLSC CENTER PICNIC
29 Pork tenderloin Baked potato Marinated veg. salad Pineapple	30 Spaghetti & meatballs Sautéed broccoli Sliced tomatoes Breadstick Fruit yogurt	31 Turkey sandwich Whole wheat bread Vegetable soup Ambrosia		
			Meals provide (average per week) Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg Protein: 19 grams Total fat: 30% 2% Milk	Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can. We thank you!

To everyone who brings goodies or snacks: Jeri Merfeld, Edward Baginske, Jeanette Jeske, Gay Harrison, Pat Breyen, Aggie Blesy, Linda Mueller, Margaret O'Neill, and Cheryl Ryno.

To everyone who donates other items that benefit the Center and Participants: Sandra Kay's Bakery, Celina Bevelhymer, Juanita Doyle, Ricardo Schiesser, Judy Stelter, Valorie Niephaus, Sonja Stormo, Patricia Clanton, Melissa Teeple, Diane Davidson, Kathy Eastman, Tony & Bonnie Korican, Else Elsner, Bob Adams, Jeanette Jeske, Jane Jeffery, Marsha Meyer, Pat Breyen, Mark Russell, Marilyn Miser, Panera Bread, Douglas Patrick, Family of Jan Jackson, Nijole Izokaitis, Cheryl Ryno, Adolf Pelzer, Teri Carter, Amy Porritt Peirce, Chris Heyn, Glen Hastings, Susie Wagner, Penny Schulz, Jim Krogel, Deb Bergman, Lisa Baker, and Starks and Menchinger Funeral Home.

To everyone who donated tools for our Wood Shop: Tom Hurst and John Smiedendorf.

MONETARY CONTRIBUTIONS:

- All the anonymous transportation riders along with Mary Bartels, Barb Findley, and Hilda and Max Doyle made *Donations to our Transportation Program.*
- Mary Ann Forsythe and Priscilla Banghart made a *Donation to our General Building Fund.*
- Serge Schillio, Ada Greene, Patricia West, Carol Petros, Herb Engel, Barbara Harte, Patty Nordberg, Ed and Marcia Koehler, Robert Hall, Lori Wolfson, Rae Bacolor, Douglas Patrick, Mary and Ron Griffin, and Marianne Genovese made a *Donation to the Wood Shop Matching Donation Challenge.*
- Karen Saetre, Bob May, Cathy Clem and Cindy Miller made a *Donation to the Brick Fundraiser.*
- Erika Mauerman made a *Donation for Landscaping around the Flag Pole Area.*
- Elfriede Fitz made a *Donation to the Walking Trail.*
- Patty Nordberg made a *Donation to our Exercise Classes.*
- Bob & Carol Starks made a *Donation in Memory of Merlin Hanson.*
- Ivan Kiesel, James and Jane Bokhart, Cindy Davis, Sarah Rodgers, Mary Sundblad, Peter and Diane Perron, David and Linda Van Woert, Sara Duris, Lucy Ann DeVries, Nancy Bunker, Mary Ann Kuehl, and Phyllis Herod made a *Donation in Memory of Jan Jackson.*
- Shirley Miller made a *Donation in Memory of Jan Jackson and Carlene Malin.*
- Linda Mueller made a *Donation in Memory of Helmut Mueller to the Wood Shop Matching Donation Challenge.*

Many thanks to the businesses who have made a donation to our Annual Picnic: Nola Roux, LLC, St. Joe Today, and Perennial Accents.

Special thanks to Sandy Goodwin-Stine for donating her singing talents at our Outdoor Concert and to Culvers & Walgreens in Stevensville for donating refreshments.

WOOD SHOP WISH LIST: Wide mouth yogurt cups and baby socks.

WISH LIST: One gallon tub vanilla ice cream, sanitary wipes, decaffeinated and regular coffee, individually wrapped candy, quart and gallon size baggies, and 3M large picture hangers.

St. Joseph – Lincoln
Senior Service Center
3271 Lincoln Ave.
St. Joseph, MI 49085

Non-Profit Org.
U.S. Postage Paid
St. Joseph, MI 49085
Permit 416

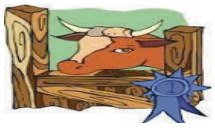
DATED MATERIAL DO NOT DELAY
RETURN SERVICE REQUESTED

This newsletter mailed @ St. Joseph Post Office on 7-27-22

Serving the Community Since 1975

It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60+ citizens of our community.

Executive Board Members



President	Pauline Fox
Vice President	Tim Kragt
Secretary	Patty Nordberg
Treasurer	Jerry Radenbaugh

Board Directors
Celina Bevelhymer, Bill Burrows, Shirley Miller, Jean Oatman
Rocco Pavese, and Carol Small

Staff

Executive Director	Cindi McLaughlin	
Program Coordinator	Jennifer Malone	
Support Associate	Sharyl Freehling	
Receptionist	Onalee Hartman	
Staff Assistant	Sandy Draper	
Building Custodian	Tai Huynh	
Senior Nutrition Manager	Bill Schiffbauer	269-921-0136

AND ALL OUR WONDERFUL VOLUNTEERS!

Helpful Service Numbers

Area Agency on Aging	(800) 654-2810
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Lakeshore Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	(269) 983-7111

AUGUST ACTIVITIES

2 House of David 10:00 am-1:00 pm
5 Poly Burlap Flower Wreath 9:00 am-12:00 pm
9 Fully Alive Chiropractic 10:00 am
10 Book Club 10:00 am
10 Outdoor Concert 1:00 pm-3:00 pm
11 BINGO 1:00 pm
12 Foot Clinic I - **BY APPOINTMENT ONLY**
12 Board Applications Available
15 Movie 1:00 pm
18 Board Meeting 10:00 am
18 Board Applications Due at 4:00 pm
19 Commodities - 9:00 am-11:00 am
19 Cookies & Canvas 12:00 pm-3:00 pm
19 Foot Clinic II- **BY APPOINTMENT ONLY**
22 Harbor House 10:00 am
24 Diabetes Prevention Group 10:00 am
26 **Center is closed for our Annual Picnic**
29 Bracelet Making 1:00 pm-3:30 pm
31 Newsletter Mailing 9:00 am

****

Papa Vino's
ITALIAN KITCHEN

The SJLSC will be having another Papa Vino's fundraiser September 19th-22nd. Stay tuned for all the details in September's newsletter!